

# UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY



*Soldiers of Headquarters, Engineer Brigade, 28th Infantry Division (Mechanized) learn to steer the Mark II patrol boat. The unit is converting to the 189th Engineer Company, a multi-role bridge company as part of the Virginia National Guard transformation. (Photos by Mary A. Bodine)*



*During bridge operations training, Soldiers learned how to transfer the Mark II patrol boat from a vehicle with hydraulic lifts to the water.*

## Engineer mission moves from ground to water

by Mary A. Bodine  
*Fort A.P. Hill Public Affairs*

National Guard Soldiers assigned to Fort A.P. Hill are immersed in training for a new mission.

The land-based engineers of Headquarters, Engineer Brigade, 28th Infantry Division (Mechanized) are training for the unit's conversion to the water-based 189th Engineer Company, said 1st Lt. Christopher Brown, who will be company commander of the reorganized 189th.

The conversion, scheduled to be complete by October, will provide the unit with a "fresh start," said Sgt. Lester Smith, a terrain analyst with the Virginia National Guard for 10 years. Smith is one of 110 members

of the unit who will be trained as a bridge crew member and reassigned to the 189th Eng. Co., a multi-role bridge company.

"The entire Virginia National Guard is going through a reorganization," Brown said. "The brigade headquarters is disbanding and the Virginia National Guard will have two battalions of engineers with the headquarters based here. The 189th will include 110 members here and 80 in Big Stone Gap, where the company is currently (stationed)."

Members of the unit will complete a two-week transition course in Devils Lake, N.D., this fall and are being trained on bridge operations and

*(See Engineer, Page 5)*

**"We must all hang together, or, assuredly, we shall all hang separately."**  
-- Benjamin Franklin at the signing of the Declaration of Independence, July 4, 1776

# Post security heightened for jamboree

by Mary A. Bodine  
Fort A.P. Hill Public Affairs

Government and Boy Scout officials are taking every precaution to ensure this year's National Scout Jamboree at Fort A.P. Hill, July 25- Aug. 3, offers a safe and secure environment for the Scouts, Fort A.P. Hill staff, support military personnel and visitors, said David Vaughan, director, Emergency Services.

## Installation Access

Fort A.P. Hill employees and service members need to be aware that additional security measures will be in place at the gates, Vaughan said.

During the jamboree, the following gates will be open for designated traffic:

- South Gate, off U.S. 301 North, and 4th Street Gate, off U.S. 301 South, will be open July 25-Aug. 2 exclusively for Fort A.P. Hill employees and military units training on Fort A.P. Hill ranges. South Gate will be open 6 a.m.-6 p.m.; 4th Street Gate will be open 5 a.m.-7 p.m.
- North Gate (Main Gate), off U.S. 301 South, will be open 24 hours for personnel who live or work on



the installation. Visitors to the jamboree may enter the installation from this gate 9 a.m.-6 p.m., except on arena show nights when visitors may enter until 10 p.m.

- Villemore Gate, off Route 2, will be open to visitors 9 a.m.-6 p.m; it will be open until midnight on arena show nights. This gate will be open to the Boy Scouts of America, military and Fort A.P. Hill staff 6 a.m.-10 p.m.

- Rappahannock Gate, off Route 17, will be open 24 hours for BSA deliveries and vendor vehicles only. All vehicles entering this gate will be inspected.

Fort A.P. Hill will be closed to visitors July 24-25, Vaughan said.

## Parking

Employees that do not have a BSA decal for their vehicle -- privately-owned or government -- must park in designated parking locations. Traffic controllers will facilitate access to the primary vehicle parking area, which is near arena and Merit Badge Midway locations. All parking areas are accessible by way of A.P. Hill Drive.

Vehicles will be towed at the owner's expense if the driver fails to adhere to posted signs, Vaughan said.

(See Jamboree, Page 3)

# myPay switches to electronic delivery only

by Mary A. Bodine  
Fort A.P. Hill Public Affairs

Military and Defense Department employees who use myPay will no longer receive their W-2s or Leave and Earnings Statement in the mail after July 1, said Lisa Skinner, installation resource management officer.

MyPay users -- those with an access pin -- may still elect to receive "hard copies" of their W-2 or LES through the myPay system. However, if no election is made, users will only be able to view their W-2 or LES electronically at the myPay Web site, according to a Defense Finance and Accounting Service fact sheet.

"DFAS moved to electronic LES/W-2s in support of the Expanded Electronic Government Initiative," said Ron Cox, DFAS-Indianapolis representative. "Eliminating hard copies significantly reduces the risk of identity theft associated with mailing paper documents and also saves millions of dollars in printing and mailing costs. It also makes life easier for the customer, who can now access their LES and W-2 from their desktop."

Identity theft is a major concern for DFAS, Cox said, and has taken every precaution to ensure personal information is secure on the web-based system.

"The security of the myPay web-based system matches the industry standards for the highest level of encryption and security to protect its users," he said. "MyPay actually reduces the risks of identity theft over paper distribution."

Military and Defense Department employees may view their W-2 for 12 months after it is posted; for employees who leave federal service, W-2s will be available for 12 months after the date of separation, Cox said.

In addition to viewing their W-2 or LES, myPay users may change their direct deposit, purchase savings bonds, change their W-2 withholdings, change or create a new allotment and change their correspondence address online

To obtain a myPay pin, visit: <https://myPay.dfas.mil> or call the myPay at (877) 363-3677. For information about myPay or for instructions on how to elect for hard copies of LESs or W-2s in myPay, call RMO at 633-8554.

# Mechanics save time, money with training

by Mary A. Bodine

Fort A.P. Hill Public Affairs

Fort A.P. Hill's Direct Support Maintenance shop "can fix anything but a broken heart and the crack of dawn," said Ed Thornton, Directorate of Logistics plans and operations officer.

With two mechanics now certified as emergency vehicle technicians, Thornton's saying is almost verifiable true. Ed Charette and Ed Deshong, both DS Maintenance mechanics, completed the first phase of the Emergency Vehicle Technician Certification Program at Ocala, Fl., at the end of May.

Charette and Deshong are now certified to conduct preventive maintenance, checks and services on fire apparatuses – a service never before provided at Fort A.P. Hill that will save thousands of dollars and an immeasurable amount of personnel work hours, Deshong said.

Prior to Charette and Deshong completing EVT certification, the Fort A.P. Hill Fire Department received maintenance services from American Fire Equipment in Woodbridge, Va., said Fire Chief Daniel Glembot. The FD would provide a driver for the vehicle being serviced and a follow-on



*Ed Deshong, a Direct Support Maintenance mechanic, inspects the valves on one of the Fort A.P. Hill Fire Department trucks. (Photo by Mary A. Bodine)*

vehicle to return the driver to Fort A.P. Hill, he said.

"There is a direct cost savings to having these services done in-house in that we do not need to pay the contract," Glembot said. "There is also an indirect savings because we no longer need to take vehicles to Woodbridge where they may sit for two or three weeks. It is

much more convenient to drive the vehicle to DS Maintenance and get the vehicle back within two days; this way, we have our fire trucks when we need them."

Emergency vehicles and garbage trucks have priority service at DS Maintenance, whereas in Woodbridge, Fort A.P. Hill fire trucks are one of many waiting to be serviced, Deshong said.

DS Maintenance will provide quarterly PMCS and repair services on seven fire trucks and one ambulance, Glembot said. However, services on hoses, fire pumps and the trucks' electrical system will still be performed by American Fire Equipment until Deshong and Charette advance their EVT certification.

"The training we received was the preliminary training before fire pumps and hoses," said Deshong, who has worked in mechanics since 1969. "We will receive that training sometime around November. It's not that complicated though. You use the same basic applications (as other vehicles), just the parts may be larger."

Since completing certification, Deshong said he and Charette have performed various levels of maintenance on Fort A.P. Hill fire trucks almost daily.

## Jamboree (Continued from Page 2)

### Arena Shows

Two arena shows, July 27 and 31, will be open to visitors. In the case of bad weather, the arena shows will be July 28 and Aug. 1. The pre-show will begin at 6 p.m. with main attractions at dusk. Employees are encouraged to arrive early to allow enough time to gain post access, park and pass security checks at the arena, said John Milliken, deputy director, Military Support Office.

"Personnel entering the arena will be subjected to a security screening," Vaughan said. "(Employees) must also adhere to the same restrictions as the Boy Scouts. They can bring the same items as the Boy Scouts: a camera, flashlight, water bottle and poncho or blanket. They may not bring backpacks, large

pocketbooks, coolers, chairs or similar items."

In addition to the arena shows, the BSA will also host a barbecue and pre-jamboree show 7 p.m., July 23, at the Arena, Milliken said. The show, which includes the Soldier Show, USA Express, BRAVO! Army Entertainment and Twilight Tattoo, is open to all Fort A.P. Hill and BSA employees and service members supporting the jamboree.

### History

Fort A.P. Hill has hosted the National Scout Jamboree since 1981; 2005 will mark the seventh jamboree held here. Fort A.P. Hill will host about 32,000 Boy Scouts; 3,500 Troop Leaders; a BSA staff of 7,750; and military support staff of about 1,500.



## WILD GOOSE CHASE

*Biologists and technicians from the Virginia Department of Game and Inland Fisheries visited Fort A.P. Hill on June 22 to evaluate and band resident Canada geese. In late June and early July, Canada geese are flightless from molting and the DGIF uses this opportunity to capture, place leg bands, and record biological data on resident geese populations. The team was able to capture and band 100 geese on Fort A.P. Hill. The team herds geese into a group and then creates a temporary enclosure that allows the biologists to carefully grab the geese, collect biological data and affix leg bands. Leg band numbers returned to the DGIF by successful hunters provide information on goose movements and survival. By collecting biological data and monitoring the resident population, the DGIF is able to develop management plans focused on minimizing the adverse impacts of resident geese. According to department biologists, resident geese populations often become a nuisance when they are locally overabundant. Hunting has proven to be an effective tool to keep the resident geese population in check. (Photos by Ken Perrotte)*



## ● CIVILIAN, MILITARY UPDATES

## AROUND THE ARMY

# Defense Department increases benefits

by Steven Chucala

Fort Belvoir Staff Judge Advocate's Office

The Defense Supplemental Appropriations Act enacted on May 11 provides significant changes concerning benefits paid as a result of death or injury. The following is an overview of the changes:

**Death Gratuity:** Gratuities payable for deaths resulting from wounds, injuries, or illnesses that are incurred in an operation or area designated as a combat operation or zone will increase to \$100,000. Retroactive payment of \$88,000 for death due to the same causes in the theater of operations of Operation Enduring Freedom or Operation Iraqi Freedom on or after October 7, 2001, will be paid retroactively to the beneficiaries who received the original lower death gratuity payment. The changes to the death gratuity were effective May 12 and terminate Sept. 30. Congress may continue the increased death gratuity in the 2006 Defense Appropriation Act.

**Servicemen's Group Life Insurance:** Monetary coverage is increased to \$400,000 and the lesser coverage increment is increased from \$10,000 to \$50,000. Beneficiaries of Soldiers having

the prior \$250,000 coverage that died from wounds, injuries or illness incurred in the theater of operations of Operation Enduring Freedom or Operation Iraqi Freedom on or after October 7, 2001, will receive a retroactive payment of \$150,000.

**Spousal Consent:** The new law requires notice and consent by a service member's spouse if the service member elects not to be insured or to be insured in less than the maximum dollar amount. Similarly, single members who elect not to be insured or to be insured for less than the maximum dollar amount must give notice to any person designated by the member as a beneficiary or as the member's next of kin for the purpose of emergency notification. Married service members may not modify their beneficiary designations without written notice of the modification to the spouse. The SGLI changes are effective Sept. 1. Most are expected to be continued in the 2006 defense appropriations.

**Traumatic Injury Rider:** In addition to the SGLI death payment, a rider is established for traumatic injuries for all service members covered by SGLI that

provides a payment of no less than \$25,000 and no more than \$100,000 for certain traumatic losses. A schedule will be published that provides specified payments for each qualifying traumatic injury. The cost of this rider will be one dollar a month and will be added to the SGLI premium.

Additionally, service members who incurred traumatic injuries between October 7, 2001, and the effective date of this provision in Operation Enduring Freedom or Operation Iraqi Freedom are eligible to receive traumatic injury benefits. (Effective Dec. 1 without a termination date.)

Qualifying injuries include but are not limited to:

- Total and permanent loss of sight, speech, hearing in both ears;
- Loss of thumb and index finger of the same hand by severance at or above the metacarpophalangeal joints;
- Inability to carry out activities of daily living resulting from traumatic injury to the brain.

**Not to be confused with:** All of the above noted benefits are in addition to any disability payments provided service members declared unfit for further service pursuant to Army Regulation 635-40.

## Engineer (Continued from Page 1)

equipment by current 189th Soldiers during annual training and weekend drills, he added.

The unit began basic operations and equipment familiarization in June, said Staff Sgt. Micah Terry, who has been a bridge crew member for 17 years with the 189th Eng. Co., Big Stone Gap, and is training new 189th members here. Initial training included a demonstration on the Mark II patrol boat, which is used to maneuver and dock bridge bays, and the Heavy Expanded Mobility Tactical Transport with palletized loading system used to transport and

transfer the boat to the water, he said.

Soldiers learned how to transfer the boat to and from the HEMMT by using the PLS hydraulic system and the three methods to steer the Mark II, maneuver bridge bays and operate the boat at high speeds and through turns, Terry said.

Once the unit is fully-manned, it will receive 52 HEMMTs and 14 Mark IIs, Terry said. With the equipment the 189th will have in Big Stone Gap and Fort A.P. Hill, it "will be able to span the Mississippi River," he added.

# RECREATION

●TIME OFF

●COMMUNITY

●SPORTS



*The Caroline County Sheriff's Office crushed the Fort A.P. Hill softball team 30-18 at Fort A.P. Hill's Family Day June 26. Caroline County took a commanding lead from the start. Senior Airman Ranada Gaines, National Scout Jamboree augmentee, at bat, hopes to even the score.*



*Fire Chief Daniel Glembock nearly collides with jamboree augmentee Spc. David Ferrance but manages to catch a fly ball. (Photos by Mary A. Bodine)*



*(Above) Keith Brewer, Fort A.P. Hill's antiterrorism officer, scrambles for the ball, but Caroline County Sheriff Tony Lippa is already safe at first base. (Left) First baseman Brewer takes an infield throw that beats State Trooper Stephen Melson to the bag.*

● WELL BEING ● SAFETY

## HEALTHY LIVING

*Pets as susceptible to heatstroke as humans***by Capt. James A. Amyx***Army Veterinary Services, Fort Sill, Okla.*

Each summer heatstroke claims many victims among our dog and cat population.

Heatstroke is defined as excessive body temperature (greater than 105 degrees) due to fever or hyperthermia. This disease has many causes and is usually preventable. Most often, this occurs when owners leave their pets in enclosed, parked cars, or leave the pets outside without access to shade and water.

Temperatures inside a hot, parked car can reach lethal levels within minutes. Pets cannot perspire like humans and can overheat very quickly. This can

also happen when pets exercise too much in the heat and/or are denied shade and clean water to help keep them cool.

**Symptoms**

Symptoms of heatstroke include heavy panting, weakness, excessive slobbering from the mouth, vomiting and, or diarrhea, and maybe even coma or death. Pets who are not acclimated to hot, humid environments are especially susceptible to heatstroke. If your pet is experiencing symptoms of heatstroke, you must quickly reduce the body temperature by soaking the animal with cool water and immediately seek veterinary treatment. Without treatment, body temperatures can continue

to rise to 109 degrees or greater, at which level irreversible brain damage and organ failure will occur.

**Tips**

Tips for keeping your pet safe from this potentially lethal disease are:

- Never leave your pet in a parked car.
- Only exercise your pet during the coolest times of the day.
- Provide plenty of clean, cool water and shade for outdoor pets.
- Provide adequate ventilation with screened, open windows, air conditioning, or fans for indoor pets.
- Acclimate your pet to the outdoor heat.

*It's a jungle in there: fight dental germs daily***by Michael G. Moyer***Periodontist, Fort Riley, Kan., Dental Activity*

Imagine you're in a jungle. It's warm and moist and there is plenty of food. It is also crawling with hundreds of diverse species of living things. Many are harmless. Some are even beneficial to the environment.

However, one group can be described as predators, attacking their immediate environment and wreaking havoc far and wide.

To stop the wild beasts, you need weapons.

What should you grab?

A toothbrush and floss.

OK, I'm not talking about the Amazon rainforest. I'm talking about your mouth, but it really is a jungle in there. More than 500 species of microorganisms have been identified in the mouth.

About 15 of these bacterial species have been implicated for playing a role in periodontal (gum) disease.

Whether you get periodontal disease depends on a complex interplay between these bacteria, your health-response mechanism and environmental factors, such as smoking. Your saliva includes proteins and antifungal agents, which help get rid of oral bacteria.

The bacteria in plaque cause the gums to become

red and swollen and to bleed easily if not removed properly over a period of time. Eventually, gums separate from the teeth, forming pockets. The pockets fill with even more bacterial plaque and infection and eventually deepen.

Over time, tissue and bone are destroyed and the teeth become loose.

To stop this process, it is necessary to eliminate the infection-causing bacteria that accumulate below the gum line. Brushing and flossing at this point is not enough but should be continued.

Dental professionals use special procedures, such as scaling and root planing. These are non-surgical procedures to remove plaque and calculus from below the gum line and may often require local anesthetic.

Tooth root surfaces are cleaned and smoothed and bacteria and bacterial toxins are removed from the tooth to allow the gums to heal.

In addition, your periodontist may recommend antibiotic treatments to enhance traditional therapies or recommend antimicrobial mouth rinses. These are designed to kill a wide variety of oral bacteria.

Someday, researchers may discover a vaccine to eliminate harmful bacteria from the mouth. Until then, arm yourself with a toothbrush, floss and regular dental visits.

# NEWS NOTES

## BRAVO! entertains, enlightens

BRAVO! Army Theatre Touring Company will perform "Pvt. Wars," written by James McLure, 7 p.m., July 12-13 at Wilcox Camp.

"Pvt. Wars" is a funny, yet poignant play about three service members recovering from war injuries at an Army hospital. This free play is open to the public.

The Fredericksburg Distributing Company and Dominos Pizza will be available for food and refreshment.

For more information, call Morale, Welfare and Recreation at 633-8201.



## Hit a home run with softball



The Directorate of Morale, Welfare and Recreation is organizing weekly softball pick-up games at the softball field behind the Community Activities Center.

The number of games and teams will be determined by number of interested players.

Personnel interested in participating should call Tina Collier at 633-8219.

## Concert series fills season

The Military District of Washington is proud to present its summer concert series. All events are free to the public. Below are some of the events you and your family may attend:

Twilight Tattoo -- 7 p.m., July 20 and 27. Witness the precision of the 3rd U.S. Infantry Regiment (The Old Guard) Drill Team, and The U.S. Army Band "Pershing's Own" at the White House Ellipse.

Overture 1812 -- 7 p.m., Aug. 12, on the Washington Monument Grounds. Featuring the 3rd U.S. Infantry Regiment (The Old Guard) Presidential Salute Battery and The U.S. Army Band "Pershing's Own."

Spirit of America -- An ensemble event that carries the audience through Army history, Sept. 16-17 at the MCI Center, Washington D.C.

For more information about The U.S. Army Band "Pershing's Own," visit: [www.usarmyband.com](http://www.usarmyband.com).

For more information about events in the U.S. Military District of Washington, visit: [www.mdw.army.mil](http://www.mdw.army.mil).

## Legal help available July 12



The next legal assistance services at Fort A.P. Hill will be July 12 at 9 a.m.

Legal services are available for active duty, retired military and their authorized family members of all the services possessing a valid Uniformed Services Identification Card. (Reserve and National Guard personnel must be on active duty.)

Call Debbie Moore, director of Human Resources, at 633-8326 to schedule an appointment.

## Smokers reminded of policy

Employees, Soldiers and guests are reminded to adhere to Army smoking regulation, AR 600-63, Chapter 4:

- Smoking is prohibited in all DA-occupied workplaces;
- Smoking is prohibited in all military vehicles, aircraft and all official vans and buses;
- Smoking areas will be at least 50 feet from common points of ingress/egress;
- Smoking is prohibited where it presents a safety hazard, for example, firing ranges, ammunition storage areas, fuel dumps, motor pools, and equipment maintenance shops.



## Extinguisher training available



Every Wednesday, 10 a.m., in the picnic area near housing, the Fort A.P. Hill Fire Department is conducting fire extinguisher training.

For more information, call Cindy Tate at 633-8317.

### Winner of the 2004 Keith L. Ware Award for best newsletter in the Department of the Army

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